

Stepping Out



PREPARATION METHOD

Objective: To understand how preparation method affects the nutritional value of food.

Record and compare the following nutrient information for these methods of preparing potatoes and chicken.

POTATOES

DEEP-FRIED
Ingredient #11404

OVEN HEAT
Ingredient #11403c

Calories

Fat (g)

CHICKEN

BREADED FRIED
Ingredient #95750

GRILLED PATTIE
Ingredient #987895

Calories

Fat (g)

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1. How do preparation methods change the fat content of food?

2. List two preparation methods you could use to reduce fat.
